

FIG. 1

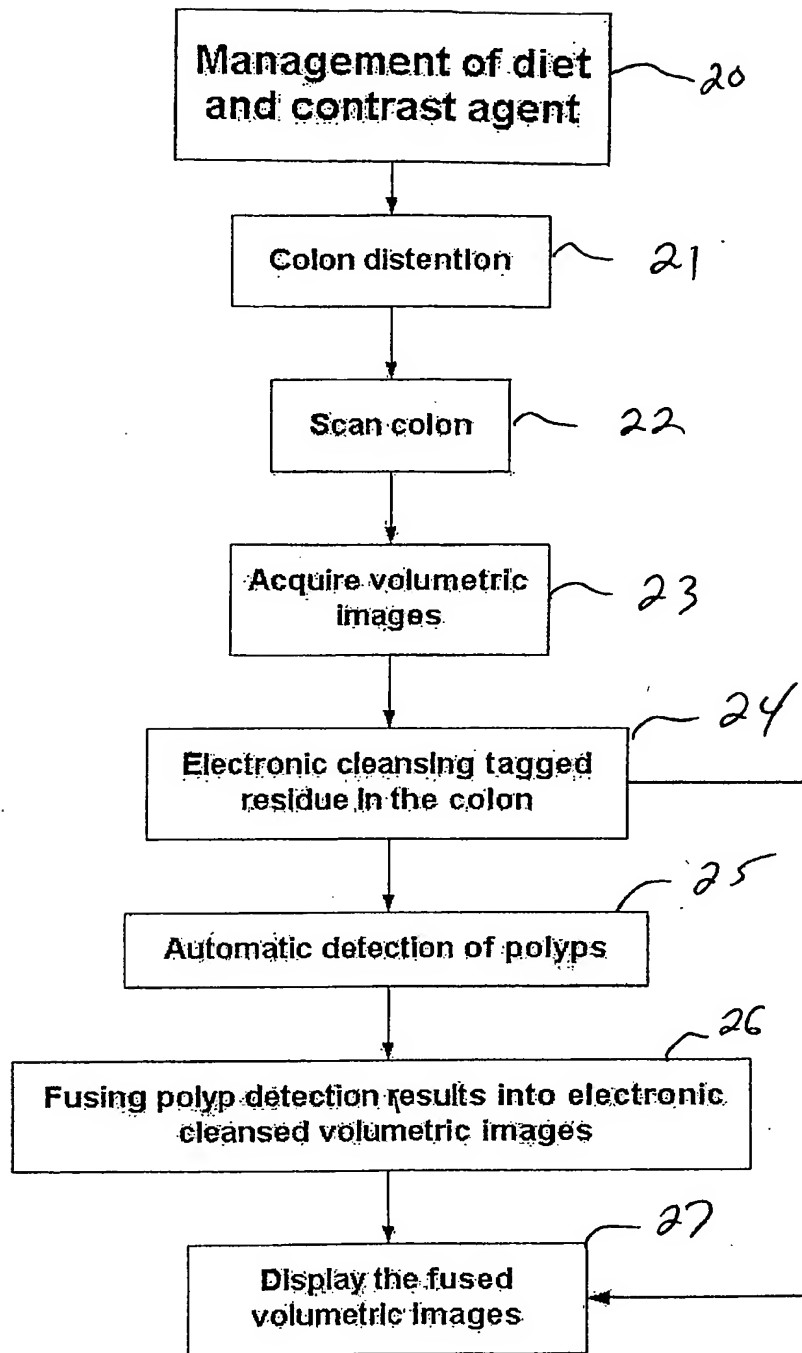










FIG. 2

	Day-2	Day-1	Day of Scan
Breakfast		 30	 31
Lunch		 30	
Supper	 30	 30	
After supper		 31	

  
 30  
 (250 cc barium (2.1%))

  
 31  
 (60 ml Gastroview)

**FIG. 3 A**

	Day-3	Day-2	Day-1	Morning of the scanning day
Diet 1	Food List	Food List	Liquid Diet	Water
Diet 2	Food List	Food List	Meal Kit	Water
Diet 3	Food List	Food List	Food List	Water

**FIG. 3B**

	Day-2	Day-1		Day of Exam	
	<i>Food</i>	<i>Food</i>	<i>Contrast agent</i>	<i>Food</i>	<i>Contrast agent</i>
<b>Breakfast</b>	Nutritional list	Liquid diet	Barium 2.1% 250ml	Liquid only	Gastroview 60ml
<b>Lunch</b>	Nutritional list	Liquid diet	Barium 2.1% 250ml	CT scan	
<b>Dinner</b>	Nutritional list	Liquid diet	Barium 2.1% 250ml		
<b>1-hr before sleep</b>			Gastroview 60ml		

FIG 3C

	Day-1		Day of Exam	
	<i>Food</i>	<i>Contrast agent</i>	<i>Food</i>	<i>Contrast agent</i>
<b>Breakfast</b>	Liquid diet	Barium 2.1% 250ml	Liquid only	Gastroview 60ml
<b>Lunch</b>	Liquid diet	Barium 2.1% 250ml	CT scan	
<b>Dinner</b>	Liquid diet	Barium 2.1% 250ml		
<b>1-hr before sleep</b>		Gastroview 60ml		

FIG 3D

FOOD GROUPS	FOOD ALLOWED	FOODS TO AVOID
Breads	White refined breads, rolls biscuits, muffins, crackers, pancakes and waffles	Whole grain flower products of any type and baked goods made with bran, nuts, seeds, coconut, fruits, bagels, cornbread or graham crackers
Cereals	Refined cooked cereals, including cream of wheat, and farina, puffed wheat, puffed rice and rice krispies	Oatmeal, any whole grained cereal bran or granola and any containing nuts, seeds, coconut or dried fruit.
Desserts	Plain cakes and cookies, water ices (Marinos), plain low-fat yogurt, Jello, custard, grape or apple jelly, plain hard candy, marshmallows and lite ice cream without nuts or chocolate	Any desserts made with whole grain flour, bran, seeds, coconut, dried fruit, yogurts with fruit skins or seeds or nuts, sherbets and popcorn. No chocolate.
Fruits	Most canned or cooked fruits, applesauce and ripe banana.	Dried fruits, all berries, most raw fruit, except banana.
Potato and Potato Substitute	Cooked white potato without the skin, white rice, white pasta and egg noodles	All others, including whole-wheat pasta, noodles, vegetable pastas, and sweet potato.
Vegetables	Cooked fresh, frozen, or canned carrots, beets, asparagus tips, French style string beans and pureed squash, spinach.	All others including raw and deep-fried vegetables, broccoli, cauliflower cabbage, spinach, sauerkraut, winter peas, corn, and any other vegetables with seed.
Fats	Margarine, salad oil, lite salad dressings, lite mayonnaise, and plain gravy.	Butter, any fat containing whole grain flour, bran, seeds, nuts, Coconut, or dried fruit.
Meats and Meat Substitutes	Ground and well-cooked white meat chicken and turkey, with skin removed, Fish, shellfish, eggs, and low-fat cheese.	Red meat, BBQ or pickled meat, any made with whole grain ingredients, seeds or nuts, dried beans, peas, lentils, legumes, peanut butter and whole milk Cheese.
Soups	Bouillon, broth, low-fat cream made with allowed vegetables, noodles, rice, or refined white flour.	All others.
Beverages	Decaffeinated liquids of all kinds, Caffeinated beverages limited to 2-3 (10 oz.) cups per day, low- fat milk, and strained fruit juices.	Espresso, frappucino, cappuccino, whole milk, fruit/vegetable juices containing pulp, prune juice, and all alcoholic beverages.

FIG. 4 A

<b>Foods in the provided Meal Kit</b>
Vanilla Nutritional Shakes
Lemon drinks
Chocolate flavored energy bars
Cinnamon apple sauce
Potato poppers
Instant noodle soup
Stroganoff

**FIG. 4 B**

<b>Food Groups</b>	<b>Food Allowed</b>	<b>Foods to avoid</b>
Beverages	Apple, Welch's white grape juices, Gatorade (no red, orange or purple) Decaffeinated weak tea.	All other.
Soups	Clear Broths or Bouillon or consommé.	All others
Desserts	Lemon or lime flavored Jell-O, water ices and frozen ice pops	All others

**FIG. 4 C**

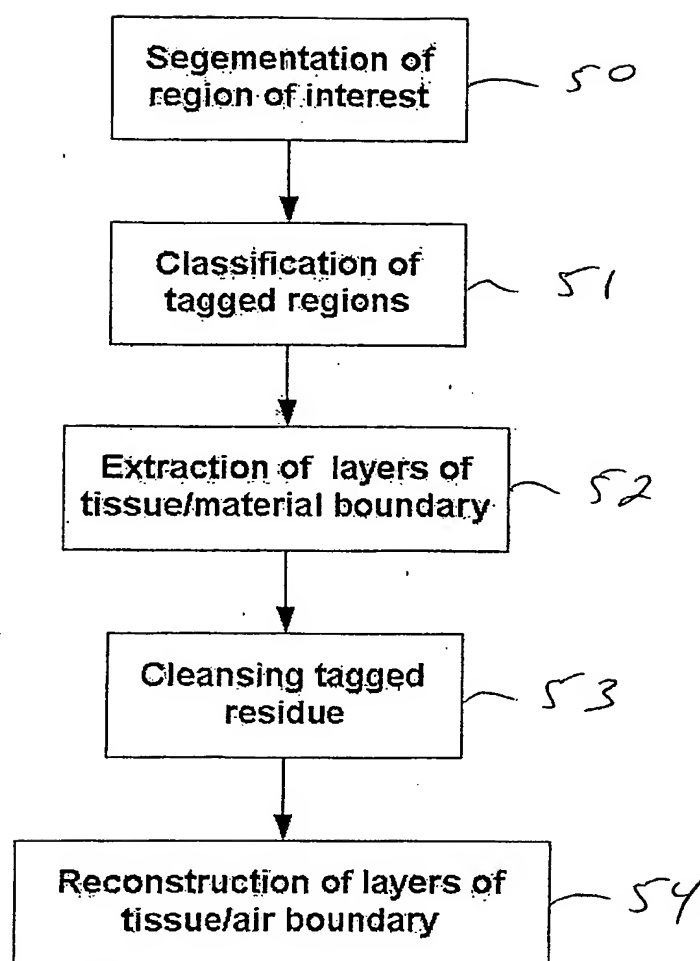


FIG. 5

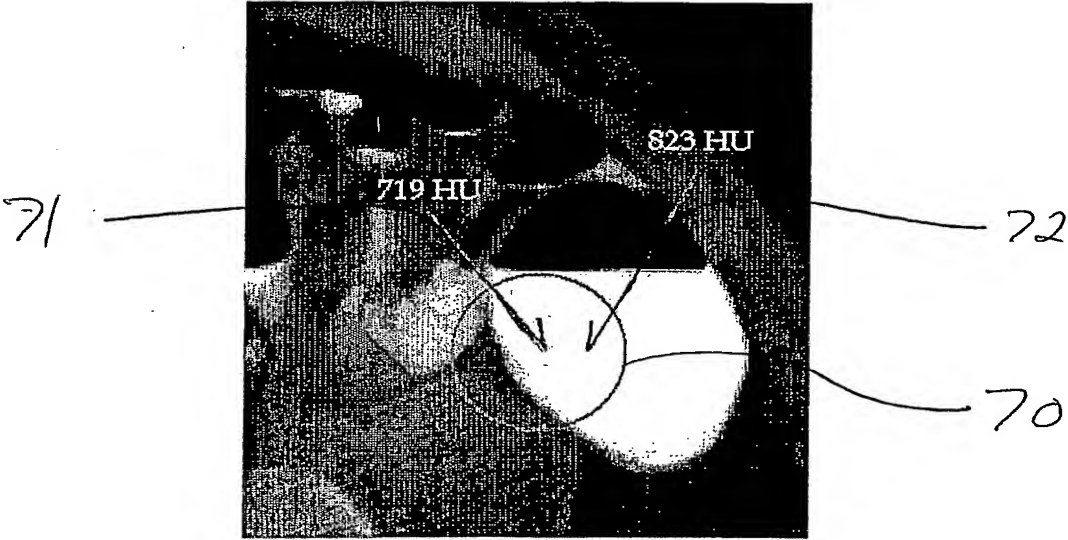
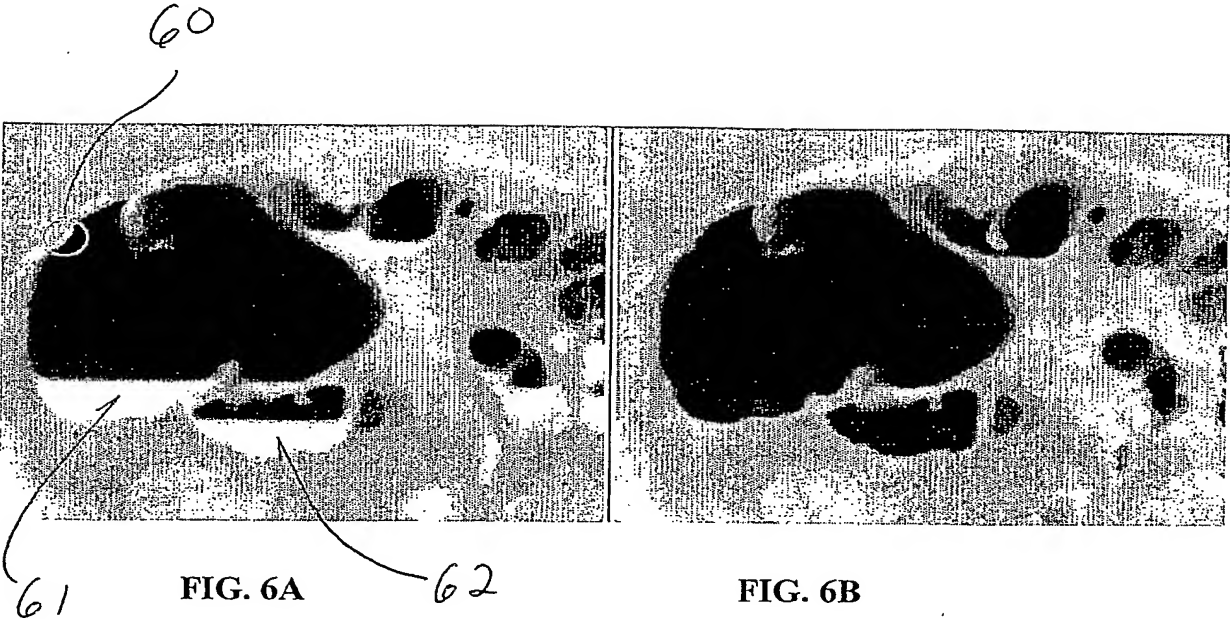


FIG. 7



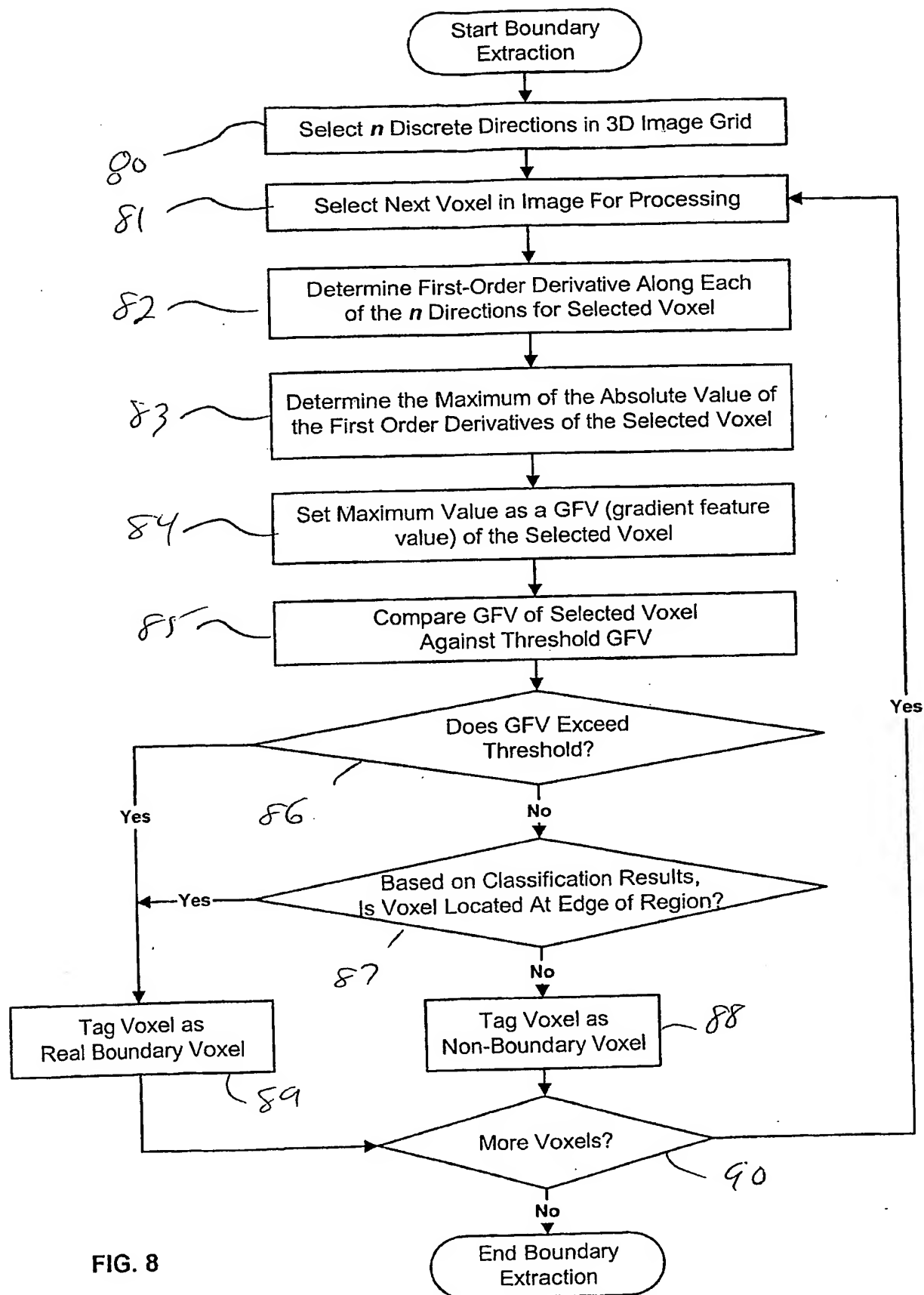


FIG. 8

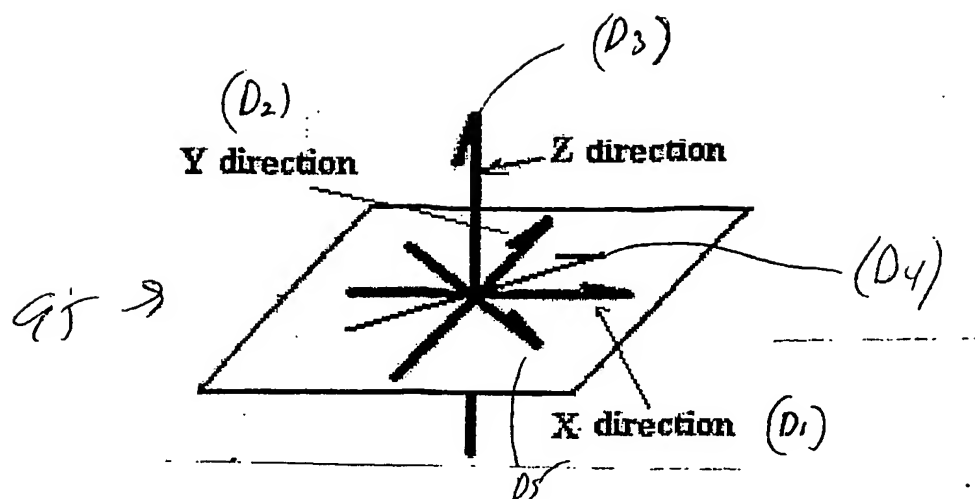


FIG. 9

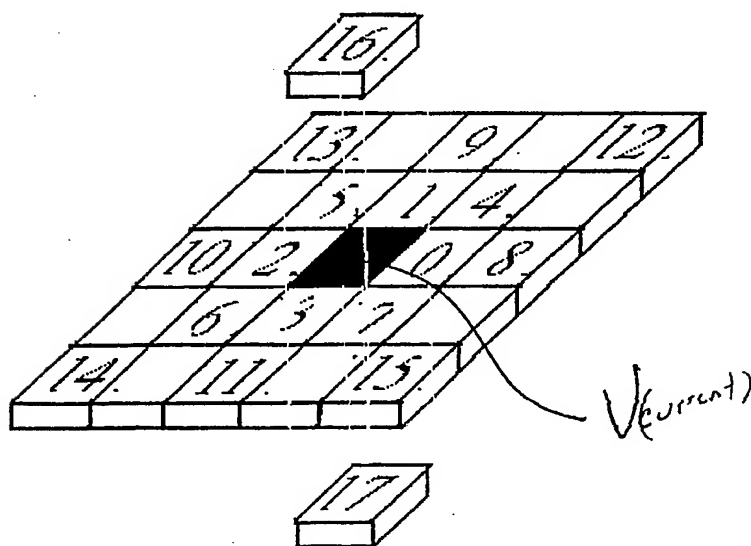


FIG. 10

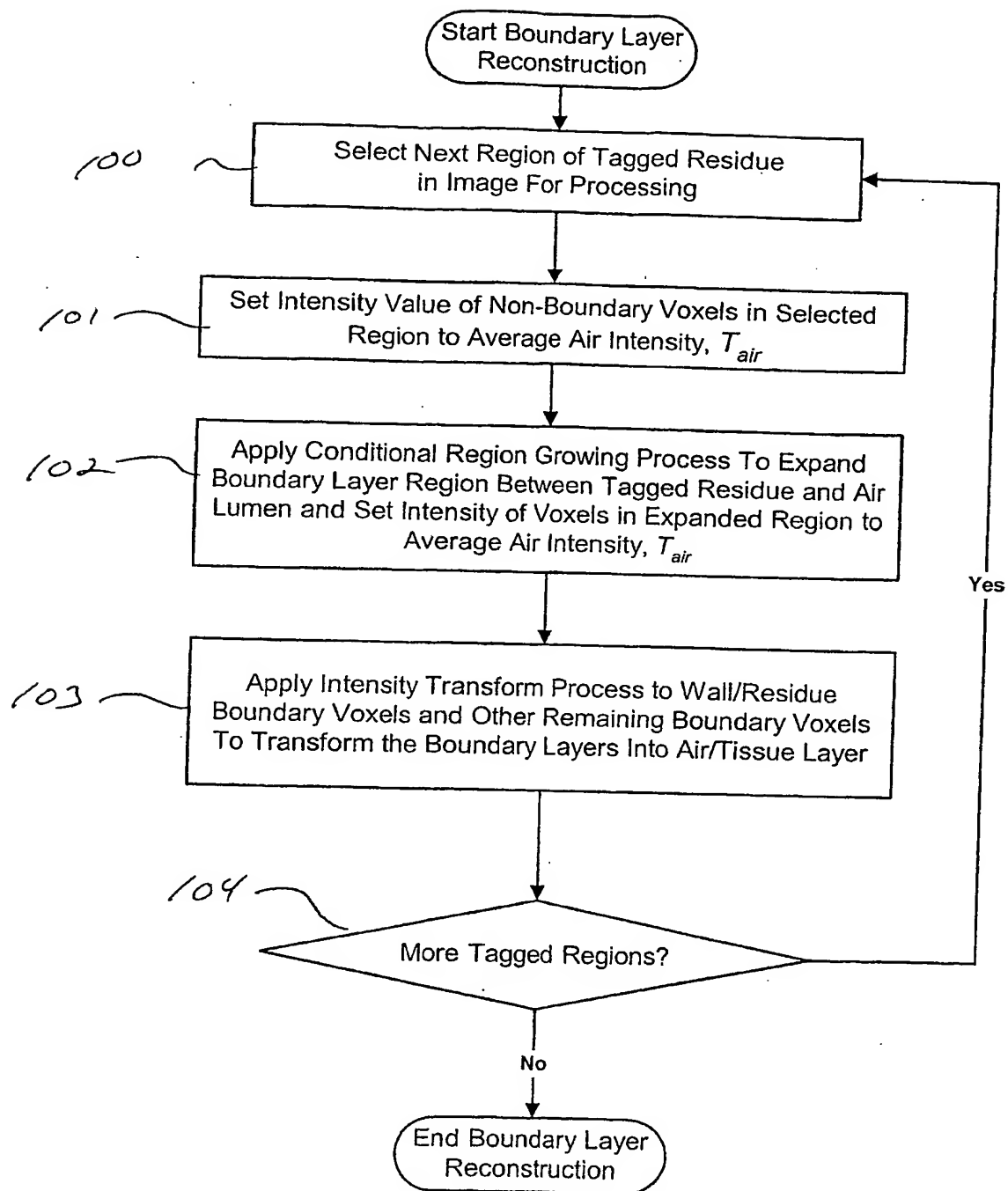


FIG. 11

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